

Nutrition worksheet

1. Fill out the following table:

Nutrient	Function
Water	" ↑
Vitamins	Regulates Metabolism
Minerals	" ↓ "
Carbohydrates	Provides short term energy
Lipids/Fats	2 nd source of energy - energy storage
Proteins	Repair of tissues/last energy option

2. Check off the main type of nutrient present in each of the following:

Food	Carbohydrates	Fats	Proteins	Water, Vitamins, Minerals
Apple juice	✓			✓
Veal			✓	
Butter		✓		
Lettuce	✓			✓
Rice	✓			
Bread	✓			
Pumpkin seeds			✓	

3. After falling off her bike, Jennifer notices she has many scrapes, cuts and bruises.

What food type should she eat to heal faster? protein foods.

4. It is noon and Eric is prepping himself for his swimming competition at 6PM this evening.

Suggest 2 food types he should eat so that he has enough energy.

carbohydrates → fruits, vegetables & whole grains
~~carbs~~

5. Corey consumes 14 250 kJ of energy each day. He notices weight gain and wonders what 2 changes can he make to his lifestyle to go back to his healthy weight?

eat less, eat less calories food (fats), exercise (1 hour per day)
food

6. Give 2 food examples for each:

- a. Turns glucose paper green : apple juice, Rice water
b. Makes the alcohol test go bubbly: coconut oil, melted butter
c. Turns the proteins test purple: peanut butter, chicken broth

7. While reading the nutritional facts table of your protein bar, you notice that they forgot to print the quantity (in grams) of protein.

It has a total of 160 calories, 7 g of fats and 20 g of carbohydrates.

Calculate the amount of protein in grams (there will be a few steps).

$$160 - ((7 \times 9) + (20 \times 4)) =$$

$$160 - 143 = 17 \text{ calories from protein}$$

$$\frac{17 \text{ cal}}{4 \frac{\text{cal}}{\text{g}}} = 4.25 \text{ g of protein}$$

Name: ANSWERS

Group: _____

Nutrition Worksheet

1. Complete the following table:

Example	Nutrient	Function
Bread	Carbohydrate	Provides energy (short term)
Chicken	pro.	heal + grow cells.
Oil	fats	2 nd source of E
Eggs	pro.	"
Pasta	carbs.	1 st source of E
Apple	carbs / water / vits	"
Tofu	pro	"
Fish	pro.	"
Carrots	carbs / vits	regulate metabolism
Butter	fats.	2 nd source of E
Water	water	regulate metabolism

2. A) Give the kJ content of the following foods.

a) Cookie: 22g of carbs = 374 kJ 3g of protein = 51 kJ 17g of fat = 629 kJ

b) Chicken: 0g of carbs = 0 kJ 36g of protein = 612 kJ 15g of fat = 555 kJ

B) What is the function of each food? (look at the kJ content to answer the question).

→ energy
→ heal + grow cells.

3. The table below is a representation of the average daily requirements during adolescence. Complete the information.

	Grams needed/day	Multiply by	kJ needed/day
Carbs.		17	
Fat		37	
Protein		17	

4. An average teenager needs about 10 500 kJ of energy per day. Name at least **three factors** that will increase or decrease the amount of total kJ needed per day.

- ate ~~fast~~ food - party
- sick - skipped a meal.

6. Explain why a diet that is high in **carbohydrates, fat and protein** may likely cause a person to be overweight.

too many calories, if energy is not
dispensed (exercise) it will be stored as fat

7. Bobby pulled a muscle while skateboarding. Which nutrient should he eat more of and why?

protein - heal & repair cells.

8. Nutrients are used to meet the various needs of our body.

A) What two nutrients are our bodies' main sources of energy?

#1 Carbs #2 fat

B) What nutrient is especially useful for building and repairing the body's tissue, but can also be a source of energy?

proteins

C) What three nutrients have several functions in the body, but are not used as energy sources?

vitamins
minerals
water

9. When will fat be used to provide energy?

2nd source